



Recipe  
suggestions

## Mackerel & avocado tartare (serves 2)

### Ingredients

- > mackerel fillets x 2, skinned
- > lime x 1, grated and squeezed
- > thumb of fresh ginger, grated
- > light soy sauce, 1 tsp
- > avocado, halved
- > coriander leaves

### Method

- > Dice 2 x mackerel fillets and place in a small dish.
- > Whisk the zest of 1 lime with 2 x tbsp lime juice, 1 x tsp ginger, 1 x tsp light soy sauce. Pour over the fish, toss and leave to marinate for 20 mins.
- > Dic half a ripe avocado and toss with a squeeze of lime juice. Scatter over the fish with a little chopped chilli and coriander leaves.

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